



CONTRAST WATER THERAPY

Relax and rejuvenate in our magnesium hot & cold pools & steam sauna.

Casual	\$25
5-pack	\$99
10-pack	\$180



CWT + COMPRESSION

Pair our compression therapy with a CWT session to seriously boost your recovery.

Casual	\$40
5-pack	\$180
10-pack	\$320



INFRARED SAUNA

Experience our infrared technology to promote detoxification, improve skin & boost immunity.

	NON-MEMBERS	MEMBERS
30 min	Casual \$30	Casual \$20
	3-pack \$80	3-pack \$55
	10-pack \$200	10-pack \$160
60 min	Casual \$40	Casual \$30
	3-pack \$110	3-pack \$80
	10-pack \$300	10-pack \$240



FLOAT THERAPY

Unwind in our magnesium float tank & enjoy the benefits of full sensory deprivation.

	NON-MEMBERS	MEMBERS
30 min	Casual \$45	Casual \$35
	3-pack \$130	3-pack \$99
	10-pack \$380	10-pack \$300
60 min	Casual \$60	Casual \$48
	3-pack \$170	3-pack \$130
	10-pack \$450	10-pack \$380

Only at Palm Beach centre



COMPRESSION

Flush out lactic acid & increase blood flow & reduce muscle soreness with our compression boots.

Casual	\$20
5-pack	\$90
10-pack	\$160



OXYGEN THERAPY

Reduce brain fog, boost energy & speed up muscle recovery.

NON-MEMBERS	MEMBERS
Casual \$60	Casual \$48
3-pack \$170	3-pack \$130
10-pack \$450	10-pack \$380



FULL BODY CRYOTHERAPY

Step into our cryo chamber to reduce inflammation & boost your metabolism.

NON-MEMBERS	MEMBERS
Casual \$60	Casual \$50
3-pack \$170	3-pack \$140
10-pack \$500	10-pack \$420



CRYOTHERAPY FACIAL

Improve the appearance of fine lines & brighten skin with our specialised cryo facial.

NON-MEMBERS	MEMBERS
Casual \$35	Casual \$25
3-pack \$99	3-pack \$69
10-pack \$280	10-pack \$180



SPECIALISED CRYOTHERAPY

Treat & target specific injuries to quickly reduce pain & inflammation.

NON-MEMBERS	MEMBERS
Casual \$5/min	Casual \$4/min

MEMBERSHIPS

VITALITY - \$39/W

Unlimited Contrast Water Therapy
 Unlimited Compression Therapy
 Discounted pricing on all other treatments
\$35/w Students & Pensioners

INFERNO - \$59/W

Unlimited Contrast Water Therapy
 Unlimited Compression Therapy
 2x Infrared Saunas per week
 Discounted pricing on all other treatments

RECOVERY - \$79/W

Unlimited Contrast Water Therapy
 Unlimited Compression Therapy
 1x Full Body Cryo session per week
 1x Oxygen Therapy session per week
 Discounted pricing on all other treatments

REJUVENATE - \$89/W

Unlimited Contrast Water Therapy
 Unlimited Compression Therapy
 1x Infrared Sauna per week
 2x your choice of any individual services per week
 Discounted pricing on all other treatments

PLATINUM - \$139/W

Unlimited Contrast Water Therapy
 Unlimited Compression Therapy
 Unlimited Oxygen Therapy
 Unlimited Infrared Sauna
 Unlimited Float therapy
 1x Full Body Cryo session per week
 1x Cryo Facial per week

NOTE: All memberships are charged weekly. Pricing subject to change. Memberships are valid for both Rigs Recovery locations - Bundall & Palm Beach